

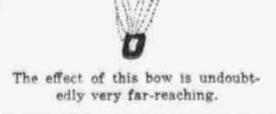
ENGLISH WOMEN AND THE SUFFRAGE GRANT-HELPFUL SUGGESTIONS FOR THE HOMEMAKER

ENGLISH WOMEN DO NOT WANT SUFFRAGE OUT OF GRATITUDE

Resent Attitude of Those Who Believe They Have Worked for Their Country Looking Toward This End Only-Why the Anonymous Letter?

RATHER a new note is sounded by Mrs. Henry Fawcett, president of the National Union of Women's Suffrage Societies in England...

Yvvettes The effect of this bow is undoubtedly very far-reaching.



Yvvettes The effect of this bow is undoubtedly very far-reaching. I suppose most of us have felt at some time or other that we really ought to write anonymously to some one whom we can't reach in any other way...

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only. It is understood that the editor does not necessarily endorse the sentiments expressed in the correspondence...

- TODAY'S INQUIRIES 1. How can food be kept cool without ice? 2. How can nutmeg be tested? 3. What will prevent a freshly baked cake from sticking to a plate?

- ANSWERS TO YESTERDAY'S INQUIRIES 1. Roasts which must be cooked rapidly, such as other poultry baked quickly, cannot be done so satisfactorily in a fireless cooker.

Home-Ground Wheat Bread Dear Madam-Please let me know of a good recipe for making bread from wheat ground at home in a coffee grinder...

Delaware Cherry Vinegar Dear Madam-Will you please publish a recipe for what is known as Delaware cherry vinegar?

Brine for Pickling Meats Dear Madam-Please tell me how to prepare a brine for pickling meats.

Shortage of Preserve Jars Dear Madam-Can you tell me how housekeepers can put up so many preserves if glass jars are going to be so scarce?

Prune and Cheese Salad Dear Madam-Prunes in combination with cheese as a salad does not sound appetizing, does it? But it really is delicious.

Stains on Russet Leather Dear Madam-Please print in your column how to remove marks from russet leather and to restore the color.

Wants Sewing at Home Dear Madam-As I am a daily reader of your paper, I would appreciate very much if you could let me know where I could obtain a place to take sewing home.

Wants to Know Gray Eyes Dear Madam-Can you please publish in tomorrow's issue a recipe for eye water to obtain the name and address of the girl who signed as "Gray Eyes"?

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

HERE is something for people to remember who cannot get away from their work this summer. One of the most beneficial of all exercises, as everybody knows, is climbing hills and mountains.

Now-and here is the point of the story-the best thing about this kind of exercise is that you can take it without a mountain. Even if you live surrounded on all sides by a prairie you can get all the beneficial effects of mountain climbing by calling your back stairway into service.

If you do not suffer from serious disease of the heart or any other difficulty which forbids vigorous exercise, this is a very excellent means of obtaining a large amount of exercise in a short time.

Suppose, for example, the height of your stairway be twelve feet and the run sixteen feet. The labor of going up and down the stairs twenty-six times will be equivalent to walking one mile. The calculation is a simple one.

The height of the stairs, twelve feet, is multiplied by thirteen to find the equivalent distance to be traveled on the horizontal, for the energy required to lift the body vertically is just thirteen times that required to walk on a level.

Thirteen multiplied by twelve is 156. To this is added the run of the stairway; that is, the horizontal distance traveled in ascending the stairs-probably about sixteen feet. To this must be added further the horizontal distance traveled in coming down the stairs, and this must be doubled, making thirty-two feet because of the energy expended in holding the body back in descending the stairs. The total of the three items is 304 feet-the distance one must walk on the horizontal in order to expend the same amount of energy as is required to ascend a stairway twelve feet high. There are 5280 feet in a mile. Dividing by 304 we have twenty-six. That is, to do work equivalent to walking a mile on a level, such a stairway must be ascended and descended twenty-six times.

Gastric Juice Of what is gastric juice made? M. J. F. It consists of two things chiefly. There are some other things in it, but the essential and important things are hydrochloric acid and pepsin.

Headache Not Due to Too Much Uric Acid Is there any temporary relief for headache caused by too much uric acid? R. E. G. Yes, apply a hot fomentation and drink a quart of hot water. But it is not uric acid that makes the headache. It is toxins.

Function of the Pancreas What is the function of the pancreas? L. D. The pancreas produces pancreatic juice and a ferment which burns up sugar in the body. When the pancreas becomes diseased, the ability to use sugar is lost and diabetes makes its appearance.

Proper to Take Nap Before Meals Is it proper for one to take a nap just before meals? L. R. Yes; before eating is a good time to sleep, but not immediately after eating.

Exercise for Person Past Middle Life To what extent is exercise valuable for a person past middle life? M. M. S. Such a person needs to exercise more than a young person does, but he has not the same capacity or ability for exercise.

Friendship Links-Green Socks To the Editor of Woman's Page: Dear Madam-Will you kindly tell me whether friendship links are still in the mode? Also, if a green polka dotting suit is worn, shall white stockings or green silk socks be worn? C. K. M.

Marriage Laws of New Jersey To the Editor of Woman's Page: Dear Madam-Will you kindly print the marriage laws of New Jersey? Is there any way to prevent the license from being published? J. J.

Youth Is Shy To the Editor of Woman's Page: Dear Madam-There's a girl I know whom I really like. One day I got acquainted with her and afterward talked to her often, and soon found out that she liked me. I would like you to tell me how to let her know that I want her myself, so am asking your advice. ALBERT P.

Advice to Lonely Girl To the Editor of Woman's Page: "Lonely Girl." I must tell you, girl, you haven't got the right idea. Put some spirit into yourself; what you need is outdoor exercise. Join a tennis club connected with a church; lots of them to be found. The boys are all going to war, so we've got to have a good time among ourselves. That is very important. Go around looking for a crowd of girls? If you are all that you say, I can't see why it is hard to look for a crowd. You are English, if you have not done anything so far or are not doing anything yet. The British relief of the Emergency Aid, 1524 Walnut street, I am sure you will find it interesting. You and "Lonely Girl" would make the very worst companions; what you both need is cheerful company. I am a young girl, too, and have a wonderful time at the smallest function. Why? Because I have cultivated the habit of being lively and always full of fun. L. E. O.

Wants to Know Gray Eyes To the Editor of Woman's Page: Dear Madam-Can you please publish in tomorrow's issue a recipe for eye water to obtain the name and address of the girl who signed as "Gray Eyes"?

As I have explained before, I cannot give names and addresses in this way.

IN THE MOMENT'S MODES

Tailored Suit of Navy Blue Poiret Twill



In a reversal of the usual order of the style calendar the strictly tailored suit is just now topping the list of smart outfits. This type of costume usually appears in early spring, to be supplanted later by the out-and-out summer dress.

Late Leaves The leaves are falling; so am I! The few late flowers have moisture in the eye.

HEMSTITCHING Done While You Wait PLEATING COVERED FINISHING Best Work Only Parisian Plating & Novelty Co. 108 S. 13th St.

THE CHEERFUL CHERUB The flowers on my window sill Are having such a time to grow. They aren't very beautiful- They give me outdoor feelings though.

WANN & DILKS 1102 CHESTNUT ST. Tyrol Wool Ladies' & Misses' Tailored Suits 23.75 24.75 27.75



WANN & DILKS 1102 CHESTNUT ST. White or Black Suits. Motor, Top and Militaire Coats

SUFFRAGISTS TO PRESS CAMPAIGN OF PICKETING

Ready to "Suffer Extremity of Oppression," Miss Lucy Burns Announces

If courage is needed to win the suffrage fight, then, according to the women who have tasted jail life for picketing the White House, victory is in sight. They are ready to suffer the "extremity of oppression" if freedom can be gained in no other way than by suffering.

Miss Burns has spent three days in jail for her activities in the siege of the White House, and on the eve of the impressive demonstration held in Washington July 14, Bastille Day, she uttered her "defiance of the injustice of the Government-even unto death."

"Whatever happens," said Miss Burns, "we shall continue our demonstrations. Women in England met death in their struggle. We see no reason to fear any fate. We do not like jail, but we are not afraid of it."

"We have no notion of pausing in our claims. We shall proceed from day to day and possibly our claims will be more modest. It is true that they had made our demonstration that if we kept on walking with our banners we would be doing nothing illegal."

"This Judge hung his head when he pronounced sentence. He had pleaded earnestly for our promise not to picket any more. We positively felt sorry for him, but the campaign for suffrage can't stop from sympathy for one man."

"When we got to jail we found that they had made ready for us even before we were tried. Some of the prisoners there said: 'We expected you yesterday. They said thirteen of you were coming and cleaned the cells. It's true that they had made ready; they had purchased brand-new bedding, new clean sheets just from the store. But the authorities decided among themselves that we should go there before we were tried. What do they call it-sometimes-a word-a word-raiding? It's not a pretty word.'"

How to Can Green Peas and Snap Beans

WASHINGTON, July 17.-Housekeepers can easily can surplus peas and snap beans, which are beginning to appear in home gardens in many sections. The season has been unusually good for peas and home gardeners in many localities are reporting unexpectedly heavy yields.

Do not try to can peas or beans that have been long off the vines-the fresher the vegetables are the better the product. Shell peas. In case of beans string and cut them as if for cooking.

Put the prepared vegetables in a cheese-cloth bag or colander and blanch in live steam from boiling water for from five to ten minutes.

Next dip the blanched product quickly in cold water and remove it almost immediately.

Pack the product immediately into hot, scalded glass jars or tin cans. Fill the containers completely with boiling hot water, to which has been added one level teaspoonful of salt per quart. Place rubber rings on jars and screw tops almost, but not completely, tight. Raise the bottom of the boiler will not enter these partially closed jars. Seal tin cans completely.

Put the jars or cans in boiling water in the washbottle so that the tops are partly or wholly covered. Sterilize for 150 minutes in the boiling water, counting from the time the water begins to boil again. If other canning outfits are used sterilize as follows:

Water seal, 214 degrees..... Minutes Ten to fifteen pounds steam pressure..... 40 Wax and string beans, as well as young tender peas, may be sterilized in 130 minutes.

Remove jars from boiler or sterilizer, tighten covers, invert to cool and test the joints for leakage. Examine cans for leaks. Even the slightest leak if not closed completely at once means that the product in all probability will not keep.

Do not place glass jars to cool in a draft which is liable to cause them to crack. Wrap jars in paper to prevent blanching and store in a cool place.

If peas are roughly handled in blanching or cold dipping, or split or broken peas are not removed before packing the liquid in the jars may have a slightly clouded appearance. If sterilizing has been properly done, cloudiness is no evidence that the product has spoiled.

For further information on canning these and other vegetables or for advice in overcoming difficulties, write to your State Agricultural College, or to the United States Department of Agriculture.



MISS LUCY BURNS

After spending three days in jail because of her activities in the picketing of the White House, Miss Burns, who is a member of the executive committee of the National Woman's party, asserts that if courage is all that is needed to cause the passage of the Susan B. Anthony amendment giving votes to women throughout the nation, victory is in sight. She says she has no intention of giving up the fight.

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LIVING UP TO BILLY

By ELIZABETH COOPER

Dear Kate: I got your letter and I know how you feel. If Jim was no good he was your husband and you cared for him, and you were a mighty good wife, too. I am sorry if I said things that hurt you about him; but oh, Kate, I am glad for one thing-that you begin to see that crookedness don't pay, whether it is right or whether it is wrong. It just don't pay. Look at Jim and his crowd. He is dead and five of his friends are in prison, and most of the rest of them are afraid to lift their heads for fear they will see a cop a-watching them. I am glad you see it that way now, and I like to hear you say you have had enough of prison. You will never see one again, Kate, except to admire the architecture from the outside.

You are right about one thing. You must brace up in New York just as well as outside of it. There is no reason in the world why you should leave this little old burg. We will get up in the Bronx somewhere in a little flat like Charlie Haines', and you won't never need to see the old crowd. Something will turn up some way for you to do, and, anyway, I can make enough to keep us three. Why, Kate, I would give my legs off to have you and Billy with me, and you a-playing the game straight. Be cheerful, old lady, everything is fine and dandy, and you are going to be the happiest woman one of these days in the bustum of your family.

Yours, NAX (Copyright. All rights reserved.) (CONTINUED TOMORROW)

Tomorrow's War Menu

- BREAKFAST Blackberries Potatoes Toast Butterfish Coffee LUNCHEON Mined Beef Sandwiches Lettuce and Sliced Onions Iced Tea DINNER Corned Beef and Cabbage Buttered Beets Eye Bread Cantaloupe Jelly Cake

Stone 1222 Walnut Street Clearance Sale OF Women's Coats That Were \$25.00 to \$49.50 \$15 & \$19.75 1 and 2 of a kind, including Burella, Serge, Lupone, Silk Poplins, in plain colors and fancy effects

SPORT BOOT Leather Sole and Heel Reduced to \$5 Also bathing shoes, high and low, at half price. CLAFLIN, 1107 Chestnut Closed All Day Saturday

Sterling To Close Our Entire Stock of Summer Models 1210 WALNUT STREET

The Great Mystery Romance The Red Mouse Starts in Next Saturday's Evening Illustrated Ledger It is one of the best stories ever written by William Hamilton Osborne. Don't miss a chapter. Learn what a woman will endure for the man she loves. Don't forget-first installment Saturday, July 21st